

PROGRESSION OF KEY SKILLS

Athletics

Reception - (through into first PE unit)

EY

- > Marching/running for co-ordination
- > Experiment with different ways of throwing under/overarm
- > Experiment with different ways of jumping- measuring with various objects
- > Working with friends in a team – taking turns



Year 1 - (through into Ball Skills unit)

1

- > Running pumping arms at various speeds
- > Throw a variety of objects with some accuracy
- > Jumping bending knees and pushing off – being competitive to improve distance as a pair
- > Co-operate and compete in a team in various running games turns

Year 2 - (through into Ball Skills unit)

2

- > Using arms and keeping head still when exploring running patterns
- > Throw in correct stance 'Usain Bolt position'
- > Use arms to improve jumping technique – beating their own score
- > Compete in a team in various running/obstacle games and working together to improve team performance



Year 3

3

- > Begin to perform 'FAST' technique
- > Throw a javelin/vortex using correct stance rotating hips forward
- > Perform a hop, step and jump (standing triple jump) in isolation and in combination
- > In warm ups develop running for distance
- > Develop relay change over techniques
- > Run and take off over obstacles at some speed



Year 4

4

- > Perform 'FAST' technique confidently when sprinting
- > Throw a javelin/vortex with height and distance
- > Perform a hop, step and jump (standing triple jump)
- > In warm ups develop running for distance increasing each lesson
- > Pass a relay baton with control with a partner in adapted games
- > Run and jump over hurdles with some speed and control

Year 5

5

- > React quickly and accelerate over short distances
- > Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance
- > Perform a variety of jumps (Long jump and triple jump) and measure for distance
- > Develop pace when running longer distance
- > Pass a relay baton with control and timing in a pairs change over

Year 6

6

- > Accelerate quickly with speed and control in movement – timed/competitive races
- > Throw a javelin/vortex /shot put safely with accuracy and power
- > Perform a jump for distance varying techniques to improve performance
- > Develop long distance running- learning to pace and show good technique
- > Pass a relay baton in competitive situations (timed)

